

# ALITIMES



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### Out and about

Col. Michael J. Nowak, 407th Air Expeditionary Group commander, visits Team Ali.

(Back to front) Airman 1st Class Ricardo Loredo, 407th Air Expeditionary Group Command Post controller, explains quick reaction checklists to Col. Michael J. Nowak, 407th AEG commander.



Photo by Tech. Sqt. Melissa Phillips

recently had the pleasure of visiting the 407th Air Expeditionary Group Command Post. The Command Post staff are my eyes and ears for the base and entire populous here. They keep me out of trouble by keeping tabs on everything from natural disasters to vehicle accidents to potential attacks to how many passengers and cargo are on board each and every aircraft that transitions through here. They relay critical information to higher headquarters on all reportable situations like sabotage and deaths, etc., so everyone can stay current on the details. They also funnel necessary information to me and filter out data that can be handled at a lower level. They also communicate command information for me to the people who need to know about reportable situations; thereby, freeing up my time to actually coordinate the situation at hand. They're a critical component to my leadership ability and effectiveness here, and are truly the nerve center for the base.

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Graphic created by Tech. Sqt. Orlando Solomor.

Four years after Sept. 11, 2001, American citizens are still in shock and grieving after terrorist commandeered four planes, which they then turned into weapons. Several members of Team Ali speak out about how they are personally coping with the tragedy by dedicating their military service to honor the more than 3,000 innocent people killed in the Pentagon, Twin Towers and a field in Pennsylvania.

Read more about 9/11 on Pages 7 and 8.

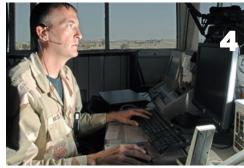


Photo by Master Sgt. Maurice Hessel Tech. Sgt. Chad McBee, 407th Expeditionary Operations Support Squadron tower controller who is deployed from Pope Air Force Base, N.C., checks local weather to relay to a pilot.

## CC bids farewell to AEF 5/6, welcomes 7/8

By Col. Michael J. Nowak

407th Air Expeditionary Group commander

As we continue our AEF transition, I want to take this opportunity to offer my thanks to the outgoing members of Air and Space Expeditionary Force 5/6 as well as the Security forces members of AEF C, and welcome those who are part of AEF 7/8.

The past few months have been eventful for AEF 5/6 and AEF C. You've successfully handled new missions, numerous distinguished visitor tours, dramatically improved the base infrastructure and continued to build the new Iraqi Air Force. You've accomplished this in some of the most extreme weather conditions Iraq can throw at you - sandstorms, dust storms and temps in mid-120s.

Throughout the rotation, you've amazed me with your spirit and tenacity. It has been an honor to be your commander. As you return to your families back home I wish you a safe trip and happy reunion.

You also return with the knowledge that you've made a contribution to the safety and security of the Iraqi people as they transition to a democratic form of government.

For those members of AEF 7/8 and Security Forces AEF D arriving to Ali Base, I wish you the best as you become acquainted with your responsibilities and develop your own battle rhythm.

As was pointed out in the Right Start briefing, the mission here is clearly defined and you are part of an overarching strategy of bringing democracy to this nation.

Over the next few months, you will wit-

ness historic referendums regarding the constitution and elections that will determine the future of Iraq.

Like AEF 5/6, you'll find you own set of challenges and experiences



Col. Michael J. Nowak, 407th Air Expeditionary Group commander, says goodbye.

that will make your rotation different than those past. I wish you the best for your tour and request that you provide your new commander, Col. Don Palandech, the same level of support that you provided me.

### One NCO encourages the hidden "I" in team

We've all heard the saying, "there's no I in the word team," but I'd like to try to put spin on that thought. Webster dictionary defines a team as a number of persons associated together in work or activity, and teamwork as work done by a team, which is distinguished from that done by personal labor.

Keeping that in mind, any team is made up of multiple "I"s. Each person brings with them a separate and distinct set of skills,

ideas and ways of doing things. When these "I"s come together to make a cohesive team by working together and using their individual skills, success is sure to follow and the sky's the limit.

Before becoming a first sergeant, I was a unit education and training manager assigned to a maintenance training flight. In

my five years there, our team of nine "I"s won Air Combat Command's Maintenance Training Flight of the Year award three times - a feat never before accomplished.

Had we not come together as a team and

instead worked only as individuals that could never have been realized.

Those of you in the Air Force in the mid-1990s may remember the Quality Air Force movement and the formalized teams of that time

The developmental team, natural working group, process action team and tiger teams were all created to improve existing processes, solve problems or develop new plans or procedures.

"Suit up with your best ideas and your cando attitude, toss in your "I"ndividuality and the result is the reason other bases look us up in the book and ask: so how does Team Ali do it?"

Story and quote by Master Sgt. Jay Hoth 407th Expeditionary Logistics Readiness Squadron first sergeant

> These teams were made up by many "I"s, with the only commonality required among them their shared process. These are but a few examples of teams and teamwork, and the success they can achieve.

Unfortunately, teams can become dysfunctional if the team members aren't interested in the team's success.

Each day at Ali Base many teams come together to keep the mission going. From vehicle mechanics and security forces, to aircraft maintenance and operations, to the radar approach control and air traffic control, to contracting and finance, each individual in each flight and squadron makes up a team, and we all make up Team Ali.

> If one or more of the "I"s is more interested in personal recognition and personal labor than the greater good of the team and what they need to accomplish, their chances of finding success are very

So what does all this mean, when you get right down to it?

Suit up with your best ideas and your can-do attitude, toss in your "I"ndividuality and the result is the reason other bases look us up in the book and ask: so how does Team Ali do it?

### **EDITORIAL STAFF**

Col. Michael J. Nowak Commander, 407th AEG

Tech. Sgt. Melissa Phillips Editor/Chief, Public Affairs Sept. 9, 2005

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Group. All photographs are U.S. Air Force photo-

### Making holes in the sky

## Air traffic controllers here perform dual-mission: put fighters on target, safely separate aircraft

By Tech. Sgt. Melissa Phillips

407th Air Expeditionary Group Public Affairs

Air traffic controllers here are breaking new ground – or one might say space - in the air traffic control world.

Not only do controllers here balance their normal workload of ensuring the safety of airplane traffic in the area, they also direct fighter aircraft to engage the enemy for the Southern third of Iraq. It's a first for the controllers.

"Never before have we mixed civil airspace with combat airspace in wartime," said Capt. James A. Hudnell, 407th Expeditionary Operations Support Squadron Airfield Operations flight commander, who is one of a handful of controllers throughout Southwest Asia laying preparations to return Iraqi airspace control duties back to Iraqis.

Until that time, Captain Hudnell and his crew control all air traffic from the Kuwait border to South of Balad Air Base in Northern Iraq.

"Normally, the air traffic controller's mission is to safely separate aircraft from one another," said Captain Hudnell, who is deployed from Scott Air Force, Ill.

Here, Area Control Center controllers have the unique opportunity to direct fighters to engage the enemy. It's normally a job done by air battle managers in air control squadron personnel elsewhere in theater.

Although both jobs are similar, a fundamental difference remains – air traffic controllers were never trained to direct aircraft to targets during battle.

Even their main source of information, a circular scope which is a crystal ball of sorts to help controllers keep track of and predict where aircraft will be flying in relation to each other, looks different.

Diagonal and horizontal lines converge and grid the screen into more than 100 squares called "kill boxes."

### Activating kill boxes

Whenever suspicious activity pops up in a certain area under their domain, the controllers activate a kill box and direct fighter aircraft to the box.

The fighters zoom in fast for the kill and



Photo by Master Sgt. Maurice Hesse

(Front to back) Senior Airman Paul Oceanak, 407th Expeditionary Operations Support Squadron Area Control Center controller who is deployed from Laughlin Air Force Base, Texas, monitors the radar scope, while Senior Airman Megan Lister, 407th EOSS ACC controller who is deployed from Dover AFB, Del., teaches Senior Airman Bobbie Tenney, 407th EOSS ACC controller who is deployed from Ramstein Air Base, Germany, how to juggle both civil and combat air traffic. Putting fighters on target is a first for the crew of ACC controllers, who control airplane traffic within 50,000 square miles surrounding Ali Base.

pull back hard to gain altitude away from enemy gunfire – performing an aerial roller coaster in the sky until the mission is complete and the enemy is destroyed.

During that time, it's imperative that no other airplanes stray into the kill box until the target is taken out. Often, that takes some creative maneuvering on the controller's part.

"Sometimes we have to tell aircraft to spin around each other," said Captain Hudnell, who says he's not happy unless they're lots of airplanes in the sky to control.

The controllers move the million-dollar aircraft around each other like giant pawns on a board game. Only instead of playing with plastic game pieces, each blip on the computer screen represents several to a hundreds of lives for which controllers shoulder the responsibility for the entire time the plane flies in their airspace.

In a dark room far away from the aircraft under their control, they rely on the radargenerated image their scope provides them. **Seeing the "whole" picture** 

"Controllers get to see the whole picture, and we have a very limited picture," said Capt. Charley Parent, Squadron 23 (Transport) Advisory Support Team instructor pilot assigned to the 777th Expeditionary Airlift Squadron.

"We don't have advisory systems on board the C-130, so we rely on controllers to let us know where other planes are flying and how to avoid any potential conflicts," said Captain Parent, who is deployed from Yokota Air Base, Japan.

Captain Parent said controllers are key to a pilot's piece of mind and on several occasions have prevented the crew from looking up and startling themselves by seeing another aircraft pop out of the blue.

"The other day we were flying, and they warned us that another C-130 was about a

Control Air traffic controllers keep civilian aircraft safe as well Continued from Page 4

1,000 feet above us and flying towards us in the opposite direction," said Captain Parent.

If either aircraft decided to climb or descend without asking permission of the controller, a deadly head on collision could have occurred within a matter of seconds.

"Air traffic control is kind of like playing a chess game," said Captain Hudnell. "You have to know when to move your pieces around."

That takes extensive training and memorizing massive amounts of information like multiple aircraft characteristics, plus details as minute as knowing how specific pilots and units react to different situations.

### Dropping bombs on target

"At first, I was scared," said Senior Airman Megan Lister, 407th EOSS ACC controller, who directs C-5s at her home station Dover Air Force Base, Del.

"At Dover, (saying I'm) busy might mean I'm controlling five to seven aircraft at once," said Airman Lister. "Here, busy is controlling 20 to 30 aircraft at once.

"That's a huge difference. The amount of air traffic we control here is what air traffic controllers are paid more than \$150,000 to do in the states.

For the young Airman, who has never been stationed anywhere else beside Dover AFB and has never deployed before, controlling here gives her an "adrenaline rush."

"I've seen a lot of airspace go active here when there is a situation," she said. "We put tactical assets on target by sending fighters in (to kill boxes), who (in turn) watch for suspicious activity (and take out the enemy)."

### Protecting the airways

As the ACC controllers here fulfill an unexpected wartime function for the first time in Air Force aviation history, simultaneously they're charged with protection of the airways.

"We provide a safe place for people to fly," she said. "A lot of times people don't realize when things get busy, there is not a lot of air space (to safely ensure planes don't collide with each other). We make that space."

Their job is made more complex as Iraqi air space is made safer by the U.S. and coalition forces military presence.



Staff Sgt. John Gladney, 407th Expeditionary Operations Support Squadron air traffic tower watch supervisor who is deployed from Tyndall Air Force Base, Fla., tests a light gun, which is used to control aircraft if radio communication is broken or fails.

Consequently, civilian aircraft are resuming more frequent flights over Iraq to destinations like Syria, Iran, India and Turkey.

In addition, ACC controllers also direct civilian air traffic transiting through the area.

"It's good to know I'm helping someone go see their family in Baghdad or elsewhere," said Airman Lister.

### **Tower power**

Whereas ACC controllers direct air operations for the long haul, their teammates, tower controllers work airplane traffic on a much more personal basis.

Surrounded by glass on all sides, tower controllers provide a human eye on the flightline and visually check to ensure aircraft are safely separated from each other. Tower personnel control air traffic five miles radiating out in a circle around the base and from the surface up to 3,000 feet.

"You have to have the ability to know where aircraft will be 30 to 45 seconds in the future," said Tech. Sgt. Chad McBee, 407th EOSS air traffic controller, who is deployed from Pope AFB, N.C.

All the tidbits of information factor into a mind-twisting equation that controllers must instinctively calculate at a moment's notice, so they can get the pilot safely out of the sky or put one in it.

There is no time to shuffle through a continuity book or operating instruction to find the answer.

### Making holes in the sky

"I'm (continually scanning outside the window) to make sure there is a hole for departure," said Sergeant McBee.

Tower controllers work hand-in-hand

with ACC controllers to ensure the safety of all personnel here and those transiting the airways in their domain.

ACC controllers here are the ones who are putting fighters on target and control aircraft from the surface to 40,000 feet up and outward over the vast expanse of 50,000 square miles surrounding Ali Base.

### A zero-mistake environment

Although both the tower and ACC controllers are used to rarely meeting their customers in person, the significance of the product they provide is ingrained in them.

At any one time, hundreds of lives are in their hands. Captain Hudnell explains his job's significance to people by quoting Beano Cook, ESPN analyst, "A football coach can go 9-2, great year. An air traffic controller goes 9-2, somebody's in trouble."

It's a zero-error work environment and that pressure has earned air traffic control the reputation of one as the most stressful career fields in the world.

However, those who make the cut say the rewards override the stress.

"You can actually see your impact on the mission," said Staff Sgt. John Gladney, 407th EOSS air traffic tower watch supervisor, who supervises several controllers and directs each planes movement on the flightline and in the air.

"(As a controller), you're clearing airplanes, minimizing delays and helping to move cargo to support the troops on the ground," said Sergeant Gladney, who is deployed from Tyndall AFB, Fla. "I wouldn't want to do any other job; it makes me proud to be doing this."

### Air Force Aid Society establishes relief fund

9/2/2005 - RANDOLPH AIR FORCE BASE, Texas (AFPN) — In the aftermath of Hurricane Katrina, the Air Force Aid Society has established a nationwide relief fund to help Air Force families affected by the hurricane. Donations to the AFAS Hurricane Relief Fund will be accepted directly from individuals, corporations and organizations, both military and civilian. Monetary contributions may be made by check or credit card. Credit card donations may be made by calling (703) 607-3073 or (800) 769-8951 or by a secure online credit card form located on the Air Force Aid Society Web site.

Checks should be made out to the Air Force Aid Society and reference the hurricane relief fund. *Send checks to:* The Air Force Aid Society, Inc.

Attn: Hurricane relief fund
Suite 202241 18th Street
SouthArlington, VA 22202

"The Air Force Aid Society's goal is to be there when you need us," said retired Lt. Gen. John D. Hopper Jr., Air Force Aid Society chief executive officer.

"Due to the overwhelming number of requests from individuals who want to help, establishing the relief fund will allow us to track contributions and disbursements donated for this purpose.

"At all times it is important to look out for our fellow Airmen, and at times like this it is even more crucial," he said.

Besides receiving donations, the AFAS is also ready to help individuals who have been affected by the hurricane. If you need assistance, please visit any Air Force Aid Society office or visit the Web site or call the phone numbers above.

For more information about the Air Force Aid Society, go to http://www.afas.org/body\_contribute.htm.

### Around the Air Force in photos



NEW ORLEANS — Tech. Sgt. Lem Torres rescues a child Sept. 2 who was trapped in a house flooded with water left by Hurricane Katrina. Sergeant Torres is a pararescueman in the 38th Rescue Squadron, Moody Air Force Base, Ga. (U.S. Air Force photo by Staff Sgt. Manuel J. Martinez

**NEW ORLEANS** — With a combined force of 26 helicopters and about 400 people, pararescue teams composed of reservists and active duty Airmen are flying 8- to 10-hour missions over New Orleans' flooded city to save lives. Rescuing more than 2,000 people in five days, the pararescue teams locate and retrieve the residents, drop them off at a collection point, and then circle around again looking for more. (Air Force photo by Master Sgt. Bill Huntington)



### Upcoming change of command

The 407th Expeditionary Civil Engineer Squadron change of command is scheduled for 10 a.m., Sep. 17 at the CE compound.

### Conserve water: 5 minute showers are in place

Personnel are reminded to take combat showers. Combat showers are defined by turning on water briefly, lather up and rinse. Members are allowed only five minutes of running water total. To save water, members should also shut off water in the sink, while brushing teeth or shaving, and wash only full loads of laundry. Members are also reminded to never wash bulky items, such as pillows, comforters, blankets and sleeping bags - take these items to the contract laundry facility.

### **Driving in Bedrock**

Driving through Bedrock is prohibited except for emergency vehicles and personnel performing official work tasks inside Bedrock, according to the 407th Air Expeditionary Air Group Instruction 36-01, Ali Base Rules of Engagement. Personnel are not authorized to pick up individuals for work inside Bedrock. However, commanders and first sergeants can designate a driver to assist with transportation of luggage for arriving and departing personnel. The speed limit throughout Bedrock is 10 miles or 16 kph. For more information or to request an exception, contact your unit first sergeant.

### Proper disposal of uniforms

Never throw uniforms in the trash. This is a serious force protection violation. Air Force personnel can dispose of unserviceable uniforms in the box in front of the 407th Expeditionary Services Squadron supply tent in Bedrock. For more information, contact Services at 445-2812/2306.

### Unattended bags

Don't leave back packs or bags unattended outside the shoppette or any facility on base. People who see unattended bags or suspicious activity should immediately report it to the law enforcement desk at 445-2232 and the command post at 445-2000.

## Recovering from tragedy Airmen serve in Iraq to honor 9/11 victims

■ By Tech. Sgt. Melissa Phillips, 407th Air Expeditionary Group Public Affairs ■

Never in a million years did Kara Gaines dream she would enlist in the military and follow in the footsteps of her retired Air Force father.

That was until the senior airman from the 407th Expeditionary Communications Squadron watched in horror as terrorist rammed three planes into the nation's most-beloved symbols of democracy and freedom Sept. 11, 2001.

"I started thinking right then, I wanted to do something for my country," said Airman Gaines, who is deployed from Lackland Air Force Base, Texas.

That day her sister was supposed to visit the Pentagon, less than 12 miles from where Airman Gaines worked as a concert organizer. After the confusion settled down and phone lines reopened, she was relieved to discover her sibling was fine.

It wasn't until a few weeks later she got an e-mail that almost knocked her out of her chair. Unknown to her at the time, the plane that crashed into the Pentagon carried several school students.

Flight 77 that tore into the nation's military headquarter's contained precious cargo: two bubbly eleven-year-old girls that for the last three years had attended summer camp at Springhill Recreation Center, McLean, Va., where Airman Gaines was the director.

The two were flying across country to take part in a science expedition and were trapped into history as one of more than 3,000 people that lost their lives in the 9/11 tragedy.

These were the same girls that used to challenge her and the other counselors to a soccer match - and win. One of them wanted to be a teacher; both were active in the center's activities.

Images of them laughing and playing sports under the hot, summer sun continually flashed through her mind like a viewfinder gone haywire.

It took her more than two years to make the leap into military service. After being dragged around to seven Air Force bases throughout her childhood, her first inclination wasn't to serve her nation in that capacity.

What catapulted her past her desire to maintain her personal freedom in the civilian sector?

"I felt like if you mess with our country, we (the military) will get you," said Airman Gaines. "But if you mess with (my) children, I will come get you."

Although she knows she'll never be on

the front lines battling insurgents, the services she provides as a communications specialist allows the people who are going into battle to access intelligence information, and maintain vital communications links with the world and their families.

"I don't think I'll ever feel justice is done. However, my service to the military has helped in some way.

"There was no other way to help protect my country from outside forces, except to the join the military," said Airman Gaines.

That same sense of purpose was also the deciding factor for another Airman to return to military service.

"I began to cry (when I saw the planes crash into the buildings on the news), because I knew there was no way to call

and find out information," said Staff Sgt. Richard Blackstone, 407th Expeditionary Security Forces Squadron military policeman, who also enlisted due to 9/11.

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SEA KARA GAZAKS 407 ECS

Sergeant Blackstone had friends and family who where located only two buildings away from the Trade Center.

"I was working in a pro-golf shop, and it was the first day the phones were dead," said Sergeant Blackstone, who is deployed from Seymour Johnson Air Force Base, N.C. "I felt totally helpless watching something so tremendous and not being able to do anything."

He already given ten years to the Air Force as a security forces member, but felt the strain of a work schedule that kept him away from home three to four nights a week. Compounded by constant deployments, three years before the tragedy he separated from the Air Force to spend more time raising his two children.

However after the disaster and with his wife's support, he enlisted again and requested the same fast-paced, highly-tasked career field.

He still says he would do it all over again. "I absolutely feel strongly about serving," said Sergeant Blackstone, who is deployed here for six months versus the normal four most Airmen spend in theater.

"If I can help in any way, keep people safe and give them a sense of security, then I have done my job."

Now more than ever, he recognizes that service to the military is also a burden shared by the deployed member's family.

"The one thing that is so important for others to understand is that our families are just as deployed as the military member," Sergeant Blackstone said. "Without the support of family and friends, the war on

terror might have different results."

Honoring the victims' families of 9/11 is one of several reasons that drew Staff Sgt. Gregg Magi, 407th Expeditionary Civil Engineer Squadron firefighter, to deploy here.

A proponent of civil service, Sergeant Magi has served in the Navy along with a short stint in the New York City police department before he found his true calling as a lieutenant in the Fire De-

partment City of New York.

As a part-time fireman in the Stewart Air National Guard, he begged to come to Iraq.

He's been fighting the demons of 9/11 ever since he helped search for victims at Ground Zero for six months after the twin towers collapsed.

Sergeant Magi was on duty during

See 9/11 Page 8



### **Continued from Page 7**

9/11, but his unit was called to Harlem to put out a fire. He didn't arrive at Ground Zero until the towers collapsed.

Once considered an engineering marvel, the Twin Towers were transformed into a pile of rubble.

He along with the many other FDNY firefighters had a front-row seat to the horrorscene unfolding before them. Three hundred and forty three

Everyone lost People they knew in 9/11. This battle Still has to be fought, whether it's fought in Iraq, Afghanistah or elsewhere. When it's all over, the world will be a Safer Place!

SSGT Gregg Magi 407Th ECEC

firefighters lost their lives trying to save victims from the resulting fires and those trapped in the rubble.

"We were in a state of shock," said Sergeant Magi. "It looked like a combination of the planet apes and a nuclear attack."

For months afterwards, he attended too many funerals and inadequately tried to comfort more widows than he cares to remember. He says he lost count after the number went over 30.

"I've seen families destroyed," Sergeant Magi said.

A while after the tragedy, he ran into a high school friend, who lost his wife

THE ONE THING THAT IS SO IMPORTANT FOR OTHERS TO UNDER--STAND IS THAT OUR FAMILIES ARE JUST AS DEPLOYED AS THE MILITARY MEMPER WITHOUT THE SUPPORT OF FAMILY AND FRIENDS, THE WAR ON TERROR MICHT HAVE A DIFFERENT RESULT

SSGT RICHARD BLACKSTONE 407 ESFS

at Ground Zero. Sergeant Magi asked how he was doing and joked around about not wanting to go to the gym that day and would rather just enjoy his pizza.

Normally an upbeat, boisterous New Yorker, his friend quietly said, "I go to the gym every day. I'm all my children have left."

Sergeant Magi says he couldn't help but be affected by the heartache in his voice. "It hits you like a sledge hammer, and it stays with you."

He said he's since heard from other classmates that his friend still cries every morning for his dead wife.

It's a memory he can't shake along with the feeling of shoveling through ashes to look for human remains – searching for any small piece of bone to hand back to grieving families.

He never found anything, other than scraps of clothes.

Sergeant Magi says putting the horror of the tragedy behind him will take awhile, but one thing that has helped was volunteering for Operation Reach Out, a volunteer-run program here which dispenses clothes, food

and water to local families in need near the

Many people who live in this area are nomadic and reside in tents. Many lack basic necessities like water and shoes.

At one camp, Sergeant Magi gave a little girl a stuffed animal and she immediately darted inside her home with it.

"As we were driving off, she came outside and had a death grip with both hands on that Panda bear," said Sergeant Magi, who said she looked like a child on Christmas morning.

"It was almost like she was afraid someone would take it back and she had never

> received anything like that before in her life," he said.

It was a moment he'll treasure forever. "I wrote my friends and told them about my experience; I wouldn't trade it for the world.

"The way I see it, this is a two-part war: attack the enemy and win over the hearts of people who are being lied to by the

insurgents."

For the three individuals here who put their hands high into the air to volunteer for a tour of duty in the dusty, hot desert, they know they're not alone - the pain of 9/11 doesn't stop at the U.S. border.

"Everyone lost people they knew in 9/11," Sergeant Magi said. "It's a privilege to be part of a team of people from the United States and all over the world serving together to combat terrorism.

"This battle still has to be fought, whether it's fought in Iraq, Afghanistan or elsewhere.

"When it's all over, the world will be a safer place," Sergeant Magi said.



Editor's note: The following are stories from Air Force members writing about how 9/11 has impacted them. To access more stories or to add your own, go to http://www.af.mil/ letters/index.asp?type=4.

was stationed at Wright Patterson Air Force Base, Ohio, during 9/11. I was in the first day of combat medical readiness training. Shortly after the briefing started, a instructor came into the room and said that an airplane crashed into the World Trade Center. I thought it was just a scenario for our training. He then turned on the television just before the second plane to hit the other tower. The whole thing seemed so surreal. I had initially joined the Air Force just to get some direction in my life. Now nearly four years since the attacks, I feel proud to be a part of an organization that contributes to the well-being of this country.

Senior Airman Paul Dunn Yokota Air Base, Japan

am only in the tenth grade but I am in the Reserve Officer Training Corps program here in my high school. When September 11th happened, I was 12, but I knew right then that I wanted to serve. Three years later, I went into high school and enrolled in the ROTC program. I am now 16 and on my 18th birthday, I am going to my...recruiter, and I will enlist in the U.S. Air Force. Until then I will have to settle for the ROTC program. I know a lot about the Air Force, and I know I am willing to serve against the terrorists.

**Adam Swift** Highschool student

was stationed at Bolling Air Force Base, Washington, D.C. during 9/11. We were about to entertain (some) high ranking officers and enlisted folks,...when I got a call on my cell phone to report back to the armory. On my way back..., I looked across the Patomac river and saw the Pentagon go up in flames. I thought, "Oh my God, some of my best friends are over there working right now," but I put aside those fears and took up arms not knowing what to expect next. I will never forget those feelings, but I will never let fear of terrorism stop me from serving.

Tech. Sgt. James Pamplin Lackland Air Force Base, Texas

## SGLI coverage increases to \$400K

8/31/2005 - **WASHINGTON (AFPN)** —

The Servicemembers' Group Life Insurance maximum coverage increased to \$400,000 on Sept. 1, Department of Defense officials said.

Servicemembers eligible for SGLI will automatically be insured for the maximum coverage of \$400,000. The monthly premium remains \$3.25 per \$50,000 of coverage, so the monthly premium for full coverage will be \$26.00 beginning in September.

These changes will not affect coverage under Family SGLI, which will continue under previously existing elections. A person who wishes to retain the \$400,000 of coverage with beneficiary designations as before Sept. 1 does not need to take any action. The \$400,000 of coverage will apply along with the new premiums beneficiary designations will remain the same. Even people who had previously declined SGLI coverage or elected less than the maximum coverage, will automatically be covered for \$400,000. If they wish to again decline or reduce the coverage, they must complete a new SGLV 8286 form indicating the amount of coverage desired including no coverage if applicable.

If a servicemember properly completes and submits the form before Sept. 30, he or she will not be liable for the September premium associated with the reduced or declined portion of coverage.

This gives servicemembers 30 days to reduce or decline unwanted coverage without charge. Units will be asked to process elections as expeditiously as possible to avoid the necessity for corrections in financial transactions.

The Defense Finance and Accounting Service will refund premiums deducted for coverage in September, when the servicemember files a valid election to reduce or decline the coverage between Sept. 1 and 30.

The new SGLV 8286 form is available on the Department of Veterans Affairs Web site at **www.insurance.va.gov**. Entries can be made on the page and then downloaded.

Valid SGLI elections become effective the first day of the month after properly submitting the election form. So, all U.S. servicemembers will be fully insured for \$400,000 throughout the month of September, regardless of any election filed before or during September.

If a servicemember dies in September

after completing an election for reduced coverage or no coverage, his or her beneficiaries will still receive a \$400,000 payment. Those electing to decline or reduce coverage during September will essentially receive the September automatic coverage at no cost.

Servicemembers who do not make an election to reduce or decline coverage from the \$400,000 level before Oct. 1 will pay the premium for the full \$400,000 of coverage for September as well as for any other month in which the level of coverage remains in effect.

When a servicemember properly completes and submits SGLV Form 8286 on or after Oct. 1 to reduce or decline coverage, the reduction is effective the first day of the month after the form is properly submitted.

Department of Veterans Affairs Web site at www.insurance.va.gov.

For more information, call PERSCO at 445-2133.

## Ali Speaks

## How has Sept. 11, 2001 and the global war on terrorism affected you personally and professionally?



Lt. Col. David A. Rearick, 407th Air Expeditionary Group deputy commander

"I strongly believe that my actions today will have a profound affect on the safety of my children and future generations. Like my fellow

Airmen, I'm making a real difference in our future. I didn't necessarily see that before 9/11."



Staff Sgt. Logan Laing, 407th Expeditionary Civil Engineer Squadron

"After 9/11, I noticed an increase in overall ops tempo at the bases I served at. I think it all has helped me gain a better sense of duty as to why the military is such a valuable asset to our nation."



Senior Airman Joshua Jacobs,
407th Expeditionary
Communications Squadron
"Personally, it gave me a
reason to serve. It was a cold
reminder that the military
isn't just a job. We're here to
defend, and we are a target.
Professionally, it made me
want to deploy."



Chief Master Sgt. Susan Ferguson, 407th AEG superintedent "Today, I am much more guarded and cautious about my 'daily life' decisions. I take nothing for granted anymore - life is so precious. Professionally, I listen closer and more carefully to world events and evaluate actions much more critically."

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## **F** 5/6 remembered in photos Team Ali helps others in need



Photo by Tech. Sgt. Brian Davidso.

"Many Americans do not realize that our military mission also includes humanitarian assistance, rebuilding communities and investing in the future."

– Karen Troyer-Caraway, Operation Mend a Heart founder, who has paired with the military to help Iraqi children with heart problems.

### Iraqi, AF C-130 crew flies boy to receive heart surgery

Baher, 8, waits with his mom, Afaf, to take off in a C-130 Hercules from Squadron 23 (Transport) at Baghdad International Airport Aug. 22. A joint Iraqi and Air Force (777th Expeditionary Airlift Squadron) aircrew piloted the plane to Basra Air Station where Army Civil Affairs drove the family across the border to Kuwait to obtain visas and clearances to fly to New Orleans. Baher is scheduled to receive heart surgery to repair a hole in his heart and is expected to return to Iraq in October.









Photos by Master Sgt. Maurice Hesse

### Team Ali reaches out to community

(Right to left) 407th Air Expeditionary Group volunteers hand out a large truckload of clothing, toys, food and water to needy local families. Local villagers catch clothing and toys distributed by Team Ali during an Operation Reach Out mission. Senior Airman Cindy Huerta, 407th Expeditionary Security Forces Squadron, teaches a local child how to do a high five. "It was amazing to be able to do that for them, and at least make them happy for that time. I love children, and it was really nice to be with them."

"Because you care, we can continue to provide a home for our indigent widows and surviving spouses. Thank you!"

– Retired Chief Master Sgt. Ken Hair, Air Force Enlisted Village marketing and development director.



Photo by Airman 1st Class Jamie shultz

Members of Team Ali show off the total amount raised to help the Air Force Enlisted Village recover from Hurricane Ivan. The group delivered \$5,975 to the 332nd Air Expeditionary Wing, Balad, Iraq, who collected money throughout the Southwest Asia Area of Responsibility for the cause. Last September Hurricane Ivan caused \$300,000 worth of damage to the Enlisted Village, an organization dedicated to taking care of widowed spouses of Air Force servicemembers.

## **EF 5/6 remembered in photos**Team Ali makes history, builds lasting friendships with Iraqi people





### First all Iraqi AF pilot, copilot crew flew June 17

(Top) Master Sgt. Christopher Cooper, 777th Expeditionary Airlift Squadron flight engineer, overlooks and provides assistance to an Iraqi AF flight engineer running flight controls on a preflight June 17. The flight marked a milestone as the first time both an Iraqi AF pilot and copilot flew the plane without a U.S. pilot at the controls. (Left) An Iraqi AF loadmaster observes Staff Sgt. Charles Hardbarger, 777th Expeditionary Aircraft Maintenance Squadron crew chief, rub the nose of a C-130E for good luck prior to take off. An old tradition, C-130 crew chiefs repeat the saying, "Herky, herky...big and fat, tell me where your problem's at" prior to take off to guarantee a safe mission. The names of the Iraqi Air Force Airmen are withheld for their protection against insurgents who wish to do them harm.



Staff Sgt. James Partin, 407th Expeditionary Security Forces Squadron patrol team member, talks to local children during an Operation Kaleidoscope mission recently. The program adds an extra layer of protection to perimeter defense procedures and gives locals a point of contact to call if they see suspicious activity that could harm U.S. or coalition forces.

## **F** 5/6 remembered in photos Team Ali creates memories of a lifetime

### Ali Idol rocks

(Right) Airman 1st Class Juliet Saunders, 407th Expeditionary Communications Squadron, received thunderous applause Aug. 20 at the Ali Idol talent contest.



(Left) Senior Airman Marlon Lancaster, 407th Expeditionary Services Squadron, gets into character of his alter ego D.U.F.F commander A.K.A "Duece Diggler" to get the crowd going during one of the many dodgeball matches.



PJ Walsh, a comedian with The Comics on Duty World Tour, and Maj. Michael Ponder, 407th Expeditionary Services Squadron commander, share a laugh June 2.



Honor guard members secure the flag at the Flag Day retreat ceremony.



### moment of peace

The chapel's contemporary worship service gospel band belts out a gospel melody. The band is comprised of both Army and Air Force servicemembers.



Staff Sgt. Nat Ruiz, 407th Expeditionary Services Squadron, provides security to protect several visitors to the Ziggurat of Ur, while Dhaif, the site's caretaker and tour guide, tells them about the history of the 4,000-year-old monument.

## **F** 5/6 remembered in photos

Airman 1st Class
Sarah Stewart,
407th Expeditionary
Logistics
Readiness
Squadron fuels
operator, drives a
C301 diesel truck
to off load fuel to
more than 40 U.S.
servicemembers
and coalition
customers daily.



Photo by Master Sgt. Maurice Hessel



Photo by Airman 1st Class Jamie Shultz

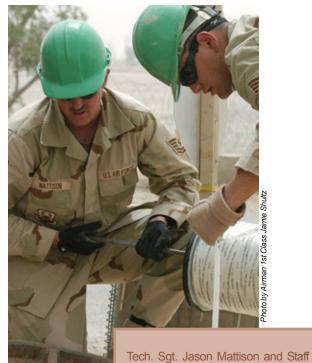
### My "chaplain" wears combat boots

Chaplain (Capt.) Chad Zielinski, 407th Air Expeditionary Group Catholic chaplain, mulls over the homily (sermon) for his Sunday mass on the way to Camp Cedar, located a 10-minute drive from here. Chaplain Zielinski is the only military Catholic chaplain in Southeast Iraq and also travels to Scania, a three-to-four-hour drive to serve fellow Catholic's religious needs.



Helping to build a democracy

Senior Master Sgt. James Baarda, Squadron 23 (Transport) Advisory Support Team loadmaster instructor assigned to the 777th Expeditionary Airlift Squadron, teaches an Iraqi Air Force student how to operate a bulldog winch on a C-130. Sergeant Baarda is one of more than 30 instructors teaching more than 100 Iraqi Air Force members how to fly and maintain C-130s. The program started when in January 2005, when the Department of Defense gifted three C-130s to Squadron 23.



Sgt. Juan Toro from the 407th Expeditionary Communications Squadron Base Information Infrastructure section attach mule tape to route copper and fiber wire. The project increased the local area network and communications here.

## **PEF 5/6 remembered in photos**

Improving on a solid foundation, leaving a legacy for future generations



Photo by Tech. Sgt. Melissa Phillips (Above) Agron Elezi, ES-KO employee, serves Senior Airman David Reim, 407th Expeditionary Services Squadron. Opening the coffee shop took several months of planning and hard work by several base agencies. It opened Aug. 24.

### Making it better

(Right) Two heavy equipment operators from the Directorate of Public Works, a blended joint Air Force and Army organization comprised of civil engineers here, operates vibratory earth compaction rollers. Indicative of the spirit of cooperation between the services, the road was one of many construction projects that benefited the more than 9,000 U.S. servicemembers and coalition forces deployed to Base Camp Adder and Ali Base.

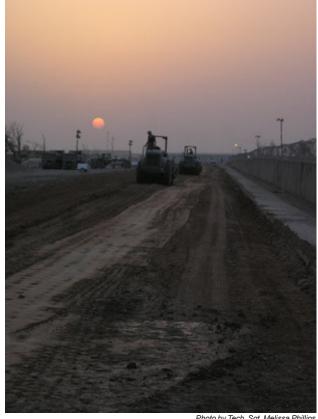


Photo by Tech. Sgt. Melissa Phillips



The Tallil Times is now officially the Ali Times. The name change and new look are designed to honor our Iraqi hosts.

### By Tech. Sgt. Melissa Phillips

407th AEG Public Affairs

The newspaper received a new, snazzy fashion update June 10 to pay homage to an old standing tradition.

In late January, base leadership changed the name to Ali Base from Tallil Air Base to honor the group's hosts, the Iraqi Air Force.

"Our Iraqi partners have always referred to this installation as Ali Base," said former 407th Air Expeditionary Group Commander Col. Dennis Diggett. "As we look to the future of a free Iraq, we look to the past in building a strong relationship with our host nation. Since the brave military professionals of Squadron 23 refer to our installation as Ali Base, so will we."

As signs around base have slowly changed, the newspaper front page still held strong to the name Tallil Times.

"The base newspaper documents our mission and the important job each of you do daily for our great nation," said Col. Michael J. Nowak, 407th AEG commander. "People around the world can read about the impact you have on fighting terrorism by helping the Iraqi Air Force regain its footing. The paper serves as a living yearbook and testament to all of your hard work, and we wanted to continue in the great tradition set by the previous rotation and change the paper's name to Ali Times."

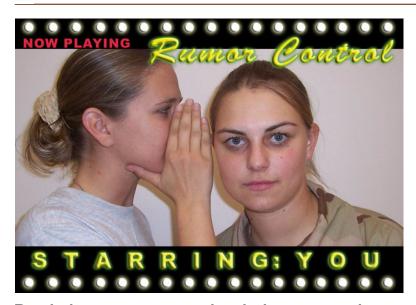
The Ali Times graphic was created by Airman 1st Class Jennifer Wallen, a graphics specialist who redeployed from here to Grand Forks Air Force Base, N.D.



"Potty" time

Photo by Master Sat. Maurice Hesse

Tech. Sqt. Jonathan Giardina, 407th Expeditionary Civil Engineer Squadron noncommissioned officer in charge of utilities, installs plumbing underneath a new cadillac trailer July 22. The previous trailers were more than 15-years-old and members had to go to two separate trailers to access shower and toilet facilities. The new trailers combined both the shower and toilets into one user-friendly trailer. Some of the other notable accomplishments of the 407th ECES were repairing the airfield, laying pea gravel in tent city to improve the walking conditions for residents, and installing barriers and increasing the sand bag height around tents to improve force protection for Bedrock inhabitants.



### Rendering proper courtesies during ceremonies Rumor

I've seen a couple of people walking around after the honor guard detaches the flag from the flag pole, and someone told me that is alright. It's hard to tell because their is no music to follow. Is that true? **Fact** 

It's false. Here are a few guidelines. At reveille, the flag detail will raise the flag, reform their line and march away from the flag pole. When they start marching, it is then appropriate to resume activities.

At retreat, the flag detail will lower the flag, fold it, reform their line, march forward three steps and then will disperse. Once their line is broken, it is then appropriate to resume activities.

When in desert camouflage uniform, flight suit or the physical training uniform, U.S. military personnel are required to salute during the raising and lowering of the flag, and remain at attention during the folding of the flag and the marching of the flag detail.

When in civilian attire (for those authorized), U.S. military members are required to stand at attention during all of reveille and retreat, and put their right hands over their hearts during the raising and lowering of the flag.

Civilians and coalition forces are asked to stop their activities and stand during reveille and retreat. It is proper protocol, for coalition forces to render proper customs and courtesies during the raising and lowering of the flag. Proper customs and courtesies for different coalition forces will differ depending on their nation's practices.

This question was answered by 1st Lt. Jennifer Mack, 407th Air Expeditionary Group Protocol chief, at 445-2115.

### Heard a rumor...

Don't speculate. Get the facts by e-mailing the Ali. Times@tlab.centaf.af.mil or call Chief Master Sgt. Susan Ferguson, 407th Air Expeditionary Group superintendent.

### The honor guard needs you!



Come join an elite group that pays homage to our nation and its heroes



For more information, call Tech. Sgt. L.J. Kincade, 407th Expeditionary Services Squadron, at 445-2136.

## **407th AEG Warrior of the Week** Tech. Sgt. Lisa Gardner



Unit: 407th Expeditionary Logistics Readiness Squadron Duty title: Passenger Travel noncommissioned officer in charge Home station: Shaw Air Force Base, S.C.

Why other warriors say she's a warrior: If it wasn't for her, no one would get home. Whether for emergency leave or at the end of your rotation, she's the one who books your travel reservations. She always does this with a smile on her face.

What is your most memorable Air Force experience: I will always remember my first reenlistment, which was performed by an Army major that was processing through my deployment processing line on his way to Bosnia in support of Operation Joint Endeavour.

**Hobbies:** Reading

### Identify This



**KNOW WHAT THIS IS?** If you can identify the object, e-mail us at *Ali.Times@tlab.centaf.af.mil* with "Identify This" in the subject block by 3 p.m. the <u>following</u> Friday. All correct entries will be placed in a box and *three winners* will be **randomly selected** at **the following week's Combat Bingo** at 7:30 p.m. at the Hot Spot. *Participants do not have to attend bingo to win.* The three winners will **win a complimentary t-shirt or coin** from the 407th Expeditionary Services Squadron. The Aug. 26 *ID This* winners, who correctly identified the sunglasses lens, are Staff Sgt. Chermone Bunting, 777th Expeditionary Aircraft Maintenance Squadron; Staff Sgt. Kevin Smith, 407th Expeditionary Services Squadron and Senior Airman Derrick Gooch, 407th Expeditionary Security Forces Squadron.



### Batter up

Master Sgt. Hector Herrera, 407th Expeditionary Logistics Readiness Squadron, advances the Air Force softball team's score. The Air Force team beat the Army team 32-17 for the championship win. "It was a pretty intense game," said player Staff Sgt. Ryan Schnyders, 407th ELRS. "We were down by eight in the third inning when we made a comeback and smoked them."

Courtesy photo

### It pays to be ready

Senior Airman Jennifer Morales, 407th Expeditionary Operations Support Squadron and Squadron Feud game show host, reads off a guestion to the 407th Logistics Readiness team Thursday. The winner of Squadron Feud was the 777th Expeditionary Maintenance Squadron. To get involved and suggest ideas for base events, call the 407th Expeditionary Services Squadron recreation director, at 445-2696.



Photo by Tech. Sgt. Melissa Phillips

### **Labor Day Sports Events winners**

Female 18-34: Capt. Teresa Rose, 407th ECES 35-40 Capt. Tracy Howell-Lapalme, 407th ECONS Male 18-34: Capt. Francisco Badiano, 407th ECES 35-40: (tie) Verginew Fabritio and Coppola Gianni 41 plus: Fernando Rollo

### Quarter Back Challenge

Tech. Sgt. Micheal Shimkus #1 Patriots fan, 407th ESVS

### **3-point Shootout**

Mark Douglas

### **CRUNCH TIME**

Absolute Abs is a complete extensive midsection workout. Classes are held on Mondays, Wednesdays and Fridays at 8:30 p.m. For more information on excercise classes, call Muscle Beach at 445-2136.

### **Just for Fun**

Presented by the 407th Expeditionary Services Squadron

#### Today

4:30 p.m., Slim in 6, resist-aband, at House of Pain, Army fitness center

5 p.m., Spin at Muscle Beach 7 p.m., Halo-2 and 9-Ball at Army Rec Center

**7:30 p.m., Bingo** followed by a movie at Hot Spot

8 p.m., Step aerobics at House of Pain

8:30 p.m., Absolute abs at Muscle Beach

#### Saturday

5:30 a.m., Pilates at House of Pain

2 p.m., Sports advisory meeting at Big Top 2:30 p.m., Pilates at Muscle Beach

4:30 p.m., Slim in 6, resist-aband, at House of Pain 5 p.m., Spin at Muscle Beach 6:30 p.m., Advanced step at House of Pain

7 p.m., Dominoes and darts TNY at Army Rec center 8 p.m., Salsa lessons at House of Pain

### Sunday

5 a.m., register for 5K Patriot Day fun run at Garrison command

6 a.m., 5K run start 3 p.m., Spin at House of Pain 5 p.m., Spin at Muscle Beach 6:30 p.m., Cardio mix at

House of Pain

8 p.m., Coed 2-on-2

basketball at the basketball

8 p.m., 9-ball at the Hot Spot

### Monday

4:30 p.m., Slim in 6, resist-aband, at House of Pain

7 p.m., Board game night at Army Rec Center

5 p.m., Spin at Muscle Beach 7 p.m., Board game night at Army Rec Center

**7:30 p.m., Jujitsu,** at Muscle Beach

8 p.m., Step aerobics at House of Pain 8 p.m., Chess at Hot Spot

8:30 p.m., Absolute Abs at Muscle Beach

#### Tuesday

5:30 a.m., Pilates at House of Pain 5:30 a.m., Yoga at Muscle Beach

2:30 p.m., Yoga at Muscle Beach

4:30 p.m., Slim in 6, resist-aband, at House of Pain 6:30 p.m., Advanced step at

House of Pain 7 p.m., Ping Pong TNY at Army

rec center
8 p.m., Checkers at Hot Spot
8 p.m., Spin at House of Pain

### Wednesday

2:30 p.m., Pilates at Muscle 4:30 p.m., Slim in 6, resist-aband, at House of Pain 8 p.m., NCA football at Hot Spot

8 p.m., Step aerobics at House of Pain

8:30 p.m., Absolute Abs at Muscle Beach

### Thursday

5:30 a.m., Tai Chi at Muscle Beach

5:30 a.m., Pilates at House of Pain

2:30 p.m., Tai Chi at Muscle Beach

4:30 p.m., Slim in 6, resist-aband, at House of Pain

5 p.m., Spin at Muscle Beach 6:30 p.m., Cardio mix at House of Pain

7 p.m., Scrabble TNY at Army Rec Center

8 p.m., 5-card draw at Hot Spot 8 p.m., Spin at House of Pain 8 p.m., Music night in the Courtyard at Adder Commons

### Upcoming



Billy Blanks is teaching Tae Bo in person at the Army recreation center Sept. 16 at 7 p.m.

### Got ideas? Give Services a call at 445-2696

For more information or to share suggestions, about 407th Services Squadron events, call 445-2696.

For more information about the House of Pain, Army fitness center, call 833-1709. For more information about Army morale, welfare and recreation activities, call 833-1745.

## Cricket Movie Theater

### **Today**



Guess Who, 1 a.m. and 1 p.m., Percy Jones is taking no chances with his daughter Theresa's future. Her latest boyfriend seems to look good on paper. Until he sees him and the protective father gets the shock of his life. Starring Bernie Mac and Ashton Kutcher.



Sin City, 3 a.m. and 3 p.m., A cop with a bum ticker vows to protect a stripper, while an outcast misanthrope on a mission to avenge the death of his one true love and a dirty cop with a penchant for violence wreak havoc. Starring Bruce Willis, Josh Hartnet and Jessica Alba.



The Wedding Date., 5 a.m. and 5 p.m., After returning to her parent's London home for her sister's wedding, a young woman hires a male-escort to pretend to be her boyfriend when she is forced to re-encounter her exfiancé. Starring Debra Messing.



The Longest Yard, 7 a.m. and 7 p.m., A retired pro football quarterback is sent to prison and forced by a sadistic warden to lead a team of inmates against a team of guards. Starring Adam Sandler and Chris Rock.



**Bewitched, 9 a.m. and 9 p.m..,** Hot-shot actor Jack Wyatt, set to star as Darrin in a film version of the '60s TV series "Bewitched," finds his ideal Samantha in unknown actress Isabel, who just happens to be a witch in real life. Starring Nicole Kidman, Will Ferrell and Shirley MacLaine.



Supercross, 11 a.m. and 11 p.m., Two brothers overcome emotional and physical obstacles to achieve success in the competitive world of Supercross racing, as they battle each other as competitors and rivals. Starring Steve Howey and Mike Vogel.

### **Saturday**

The Wedding Date, 1 a.m. and 1 p.m. The Longest Yard, 3 a.m. and 3 p.m. Bewitched, 5 a.m. and 5 p.m. Supercross, 7 a.m. and 7 p.m. Guess Who, 9 a.m. and 9 p.m. Sin City, 11 a.m. and 11 p.m.

### Sunday

Bewitched, 1 a.m. and 1 p.m. Supercross, 3 a.m. and 3 p.m. Guess Who, 5 a.m. and 5 p.m. Sin City, 7 a.m. and 7 p.m. The Wedding Date, 9 a.m. and 9 p.m. The Longest Yard, 11 a.m. and 11 p.m.

### Monday

Guess Who, 1 a.m. and 1 p.m. Sin City, 3 a.m. and 3 p.m. The Wedding Date, 5 a.m. and 5 p.m. The Longest Yard, 7 a.m. and 7 p.m. Bewitched, 9 a.m. and 9 p.m. Supercross, 11 a.m. and 11 p.m.

### **Tuesday**

Sin City, 1 a.m. and 1 p.m.
The Wedding Date, 3 a.m. and 3 p.m.
The Longest Yard, 5 a.m. and 5 p.m.
Bewitched, 7 a.m. and 7 p.m.
Supercross, 9 a.m. and 9 p.m.
Guess Who, 11 a.m. and 11 p.m.

### Wednesday

The Longest Yard, 1 a.m. and 1 p.m. Bewitched, 3 a.m. and 3 p.m. Supercross, 5 a.m. and 5 p.m. Guess Who, 7 a.m. and 7 p.m. Sin City, 9 a.m. and 9 p.m. The Wedding Date, 11 a.m. and 11 p.m.

### **Thursday**

Supercross, 1 a.m. and 1 p.m. Guess Who, 3 a.m. and 3 p.m. Sin City, 5 a.m. and 5 p.m. The Wedding Date, 7 a.m. and 7 p.m. The Longest Yard, 9 a.m. and 9 p.m. Bewitched, 11 a.m. and 11 p.m.



Movie times are subject to change.



## Spiritual Survival

### Gear

### **Today**

1 p.m., Muslim prayer/service at mosque (behind DFAC) 6 p.m., Weekday Mass at AF chapel 6:30 p.m., Jewish Service at Army religious activity center 7 p.m., Bible Study at RAC 7:30 p.m., Gospel choir rehearsal at Post Chapel 8 p.m., Alcoholics Anonymous at RAC annex

### **Saturday**

**5:30 p.m.,** Catholic Confession at AF chapel/chaplain's Office **6 p.m.,** Catholic Vigil Mass at AF chapel

7 p.m., Kick the Camel (quit cigarette habit) club at RAC

### **Sunday**

7:30 a.m., Catholic Confession at AF chapel/chaplain's Office 7:30 a.m., Traditional Protestant Service at post chapel

**8 a.m.,** Roman Catholic Mass at AF chapel

**8 a.m.,** Church of Christ Service at RAC

**8:30 a.m.,** Contemporary Protestant Service at Sapper Chapel

**8:30 a.m.,** Sunday school at post chapel

**9:30 a.m.,** Traditional Protestant service at AF chapel

10 a.m., Contemporary
Protestant Service at Army
Post chapel

**10 a.m.,** Latter Day Saints service at RAC

10:30 a.m., Roman Catholic Mass at Camp Cedar

1 p.m., Gospel Service at post chapel

7 p.m., Contemporary Worship service at AF chapel 7:30 p.m., Contemporary Christian service at Sapper

8 p.m., AA at RAC

### Monday

chapel

**6 p.m.,** Weekday Mass at AF chapel

**7 p.m.,** Protestant Bible Studay at Sapper chapel

**7:30 p.m.,** Discipleship Bible study/fellowship at AF chapel

### **Tuesday**

7 a.m., Weekday Mass at AF chapel

Noon, AA at RAC annex 7:30 p.m., Alpha course for military at AF chapel annex 7:30 p.m., Combat Bible study at RAC

### Wednesday

**7:30 a.m.,** Alpha course for military at AF chapel annex **6 p.m.,** Weekday Mass at AF chapel

**7 p.m.,** Spanish Bible study at RAC

7 p.m., Midweek service discussion at new Army chapel 7:30 p.m., Protestant Evening service at post chapel 7:30 p.m., Men's Bible study at post chapel

### **Thursday**

7 a.m., Weekday Mass at AF chapel

**6:30 p.m.,** Ladies' Bible study at RAC

7 p.m., LDS study at RAC
7:30 p.m., Workman's
Fellowship at RAC
7:30 p.m., A Man & His World
Bible study at AF chapel

Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

## nspirational moments... Conquering the fence

There was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence.

The first day the boy drove 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all.

He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same.

"When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their hearts to us.

What impression do you want to leave on others? Remember to practice patience during difficult times.

Article courtesy of the Oasis of Peace chapel



Donate supplies or volunteer to help Operation Reach Out, an Ali Base program designed to help local people in need.

Operation Reach Out is currently seeking volunteers from each squadron to help with organizing future events.

The following items are needed for donations: clothes for all ages and sizes, shoes (all sizes), soccer balls and footballs, yo-yos, toys (nothing religious), frisbees, food (no pork products), hygiene items and infant items.

For more information or to volunteer your time, contact Senior Airmen Kelly Vanamburg and Justin Kitts, 407th Expeditionary Security Forces Squadron, at 445-2232.